




Prayers for Teens and Parents

St. Ann
Catholic Church

Have no anxiety at all, but in everything, by prayer and petition,
with thanksgiving, make your requests known to God.

~Philippians 4:6



To Start the Day

Lord, may this day be Yours.
May my actions glorify You.
May my words flow from You.
May my spirit find rest within You.
In Christ's Name, Amen.

Now and Forever: The Catholic University of America Student Prayer Book. (2007)

Before a Class

As I go into class today, help me
to understand
to absorb
to obtain knowledge
to guide my thoughts
and help me to use this for the good of all mankind
so I can return to You with praises and thanksgiving.
Amen

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For in Between Classes

Lord, my God,
Thank You for this beautiful day.
Help my work today to be fruitful.
Help me to walk by Your side each moment
so I may be able to do Your will.
Bless all those I encounter today,
That they may receive You into their hearts.
Thank You for allowing me to know You
and to reflect Your love in my life.
Bless this day, Lord. Amen

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For a Late Night of Studying

Lord,
Please help me to clear my mind of any distractions.
Help me absorb everything I study and help me
know that You are with me and that I am not alone
even if it seems as if the whole world is asleep.

Give me Your strength in the morning.
Renew me, and refresh my mind so that I
remember everything I studied.
Thank you for the gift of knowledge
and the opportunity to learn. Amen

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Unprepared for a Test

God, You know I don't know what I am doing,
and for whatever reason I did not prepare myself for this test. I'm not
asking for a miracle,
but I am asking You to calm my nerves
and help me remember this isn't the end of the world.

At the end of the day any damage that is done will be reparable, even if
that seems unlikely at the moment. I also pray that in the future I will
do a better job of preparing. Amen.

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Studied for a Test

God, I ask that You calm my nerves, and help me remember the
information I have studied. Don't let anxiety keep me from showing
what I really know.

I pray that my test will reflect the hard work and effort I have put into
this class. Even if my grade disappoints me, I pray that at least I will
have the peace of mind knowing that I did my best, and that's all
anyone can ask of me. I lift this up to You. Amen

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An Athlete's Prayer Before Practice

Most Glorious Heavenly Father, How great thou art!

As we begin practice today, seeking to improve our physical strength, skill, knowledge of the game, and to grow in camaraderie as a team, we ask You to watch over us; that we may be free from injury, that we may grow in inner strength and endurance, that we may learn to love and support our teammates and coaches more, seeing them through the eyes of Your infinite love, and that we may glorify You in everything we do. We ask all this for Your greater glory, that the work we do here may serve our greater purpose of serving You, that by growing in physical virtue we may grow in spiritual virtue, and that this athletic journey will help us in our ultimate journey towards union with You in heaven. We ask all this through Christ our Lord. Amen.

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Before a Game or Meet

Heavenly Father, thank You for the gift of sport and the health of our bodies. We ask You to give us the strength of perseverance throughout this game. Give us the grace to be focused and determined, to endure pain and to overcome obstacles. We pray for victory, but more importantly that we may give glory to Your name, our Creator, through this battle. We ask all this in the name of the Lord Jesus Christ. Amen

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Before a Performance

Lord, in Your mercy and Your grace
Please keep
my heart in prayer,
my mind in focus,
my instrument in tune, and
my ego in check,
so that I might offer this gift of my performance
to the glory and honor of Your name. Amen

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For an Interview or Audition

Dear Lord,
Please help me to be myself, to be the person You want me to be.
Help me to use the gifts and talents You have given me
to their full potential, humbly and selflessly.
Calm my nerves and let Your grace calm my heart.
Help me to realize that no matter what happens,
You are here, leading me to where I am supposed to be going.
Help me to see that everything You lead me to brings me to where
You want me to be.
Lord, I trust in You. Let Your will be done. Amen

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For Helping a Friend

Lord, grant me the strength, the courage,
the patience, and the humility I need to help my friend. Let me love
selflessly by Your supreme example.

Holy Spirit, fill me with Your grace so that my words become Yours.
Thank You for being my support and comfort so that I may support
and comfort my friend. Amen

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Freshman's Prayer

Lord, I am lonely in this new place, among new people.
Turn my head toward You, my joy and comfort
so that all my pursuits and friendships and dreams
may be based on the solid foundation of Your love.
Lord, please come to me in this time of transition.
I offer You all my present struggles and sadness
and all my future joys and successes.
Fill my heart with Your grace so that I may find the peace I seek.
Help me to glorify You in all things.
I offer You this prayer, for I love You and I trust You. Amen

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For Little Things

Dear Jesus,

Help me to make a difference in the lives of others.

Be with me when I feel challenged or hopeless or when the task at hand just seems too big.

Remind me that the small and everyday things I do for the poor, neglected, and the voiceless are important to them and to You. Amen

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For Direction

Lord, please grant me perspective in my life.

I have no idea where I am supposed to be going or if the path I have chosen is the one You want me to choose.

I am often distracted and troubled by my desire to have certainty about my future.

But You Yourself said that above all else, I need only to love You with all my heart, my soul, and my strength, and to love others as I love You.

And so, Lord, I ask for love:

Love to see that which is most important,

Love to do that which I see, and

Love to be bold in carrying out Your will. Amen

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Discerning God's Will

Father,

Please come to my aid as I discern Your will.

I long to follow You, I long to obey Your command.

Holy Spirit, fill me with Your wisdom,

Your prudence and Your courage.

Give me the grace and the strength I need to accept Your answer.

Jesus, I trust in You.

May all that I do serve to glorify and praise Your name.

I desire Your will and not mine.

Amen.

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Thomas Merton's Prayer of Abandonment

My Lord god, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following Your will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please You. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this, You will lead me by the right road though I may know nothing about it. Therefore will I trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone. Amen.

Simple Surrender

Lord, apart from You I am nothing and I can do nothing.
Please give me strength when I have none
so that I may see the best in life.
Mend my world when it has crumbled
so that I may help others rebuild in their time of need.
Bring me down to Earth
when it seems that my head is piercing the Heavens
so that I may recall, and rejoice in Your power.
In my life, let me help those in need
and need those who can help.

May I never forget Your power.
May I never forget Your grace.
May I never forget Your mercy.
Amen.

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True Fulfillment

Lord, I am lost.

I have looked for love in all the wrong places
and sought comfort where it cannot be given.

Let me, instead, find solace in You, Lord.

This hole inside cannot be filled except by You.

Give me the courage to look to You,
the strength to overcome the misguided desires of my mind and body,
and the patience to wait while Your plan for me unfolds and manifests
itself.

Your love will fill me, Lord. Help me embrace it. Amen

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For Purity

Lord,

Please help me to remain pure this day.

Keep all my thoughts, words and actions pure.

Take away distractions and help me to stay away from tempting
situations.

Teach me to understand what it means to be pure,
not only in mind and body, but in heart as well.

Help me to love You and see Your love in all those I encounter today.

Amen

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A Parent's Prayer

Loving God,
You are the giver of all we possess,
the source of all our blessings.
We thank and praise you.

Thank you for the gift of our children.
Help us to set boundaries for them,
and yet encourage them to explore.
Give us the strength and courage to treat
each day as a fresh start.

May our children come to know you, the one true God,
and Jesus Christ, whom you have sent.

May your Holy Spirit help them to grow
in faith, hope, and love,
so they may know peace, truth, and goodness.

May their ears hear your voice.
May their eyes see your presence in all things.
May their lips proclaim your word.
May their hearts be your dwelling place.
May their hands do works of charity.
May their feet walk in the way of Jesus Christ,
Your Son and our Lord. Amen

Catholic: Prayer for Catholic Families. Loyola Press: Chicago, 1998

Before Mass

Father, thank You for the opportunity to celebrate Mass today.
I ask that You please remove all distractions and worries
that are keeping me from entering more fully
into the holy sacrifice of the Mass.
Prepare my heart to hear your beautiful
message of mercy and love once again.
Le me not be blind
to the mystery and power of the Holy Eucharist.
And most importantly, when Mass is over
let me take the message of Your life, death, and resurrection
with me throughout the day.
Help me share the love You have for me with everyone I meet.
Amen

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Early Morning Mass

Father, it's early.
To be honest, I didn't really want to get out of bed this morning.

But now that I'm here preparing to celebrate Mass,
please wake my body and more importantly my heart
to receive the special message You have for me today.
Keep me alert and give me strength
to make it through this day even though I'm so tired.

Please give me grace, Father. Amen

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Prayer for After Communion

Jesus, I believe in You.

Jesus, I hope in You.

Jesus, I love You.

I thank You so much, Heavenly Father,
for everything You have given me,
and I ask You, Lord,
for Your love, protection, and forgiveness-
for my family, my friends, and me.
Amen

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Before the Blessed Sacrament

Your presence, O Lord,
is like a ray of sun warming my heart.
Fill me, lift me, hold me up so I can be ever closer to You.
I bask in Your love for me.
Give me the grace to do the will of Your Father in heaven. Amen.

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Prayer of Saint Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And Where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as
to console;
to be understood as to understand; to be loved as to love.
For it is in giving that we receive; it is in pardoning that we are
pardoned, and it is in dying that we are born to eternal life. Amen.

St. Teresa of Avila's Prayer

Let nothing disturb you.
Let nothing frighten you.
All things pass away.
God never changes.
Patience obtains all.
Whoever has God wants nothing.
God alone is sufficient.

The Lord's Prayer

Our Father, Who art in heaven, hallowed by Thy name;
Thy kingdom come, Thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses as we
forgive those who trespass against us; and lead us not into temptation,
but deliver us from evil . Amen

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou
among women, and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners, now and at the hour of
our death. Amen

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit. As it was
in the beginning, is now, and ever shall be, world without end. Amen.

The Apostle's Creed

I believe in God, the Father of the Almighty, Creator of heaven and
earth; and in Jesus Christ, His only son, our Lord who was conceived
by the Holy Spirit, born of the virgin Mary suffered under Pontius
Pilate, was crucified, died, and was buried. He descended into hell; on
the third day He rose again. He ascended into heaven and is seated at
the right hand of the Father; from thence He will come to judge the
living and the dead. I believe in the Holy Spirit, the Holy Catholic
Church, the communion of saints, the forgiveness of sins, the
resurrection of the body, and life everlasting. Amen.

The Fatima Prayer

O my Jesus,
forgive us our sins,
save us from the fires of hell,
lead all souls to heaven,
especially those most in need of thy mercy!

Grace Before Meals

Bless us, O Lord,
and these, Thy gifts,
which we are about to receive,
from Thy bounty
through Christ our Lord.
Amen.

Anima Christi

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within Your wounds, hide me;
Separated from You, let me never be;
From the evil one, protect me;
At the hour of my death, call me;
And close to You, bid me;
That with Your saints, I may be, praising You forever and ever. Amen

Come, Holy Spirit

Come Holy Spirit,
Fill the hearts of Your faithful,
And kindle in them the fire of Your love.
Send forth Your Spirit and they shall be created,
And You shall renew the face of the earth.

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior;
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is His Name.
He has mercy on those who fear him in every generation.
He has shown the strength of his arm;
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel,
for He has remembered his promise of mercy,
The promise He made to our father,
to Abraham and his children forever. Amen.

Angelus

V. The angel of the Lord declared unto Mary.
R. And she conceived by the Holy Spirit.
Hail Mary...
V. Behold the handmaid of the Lord.
R. Let it be done to me according to Your word.
Hail Mary...
V. And the Word was made flesh.
R. And dwelt among us.
Hail Mary
V. Pray for us, O Holy Mother of God
R. That we may be made worthy of the promises of Christ.

Let us pray,

Pour forth, we beseech thee, O Lord, Thy grace into our hearts, that
we to whom the Incarnation of Christ, Thy Son, was made known by
the message of an angel, may be His passion and cross be brought to
the glory of his resurrection, through the same Christ Our Lord.
Amen.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother. To you I come, before you O stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.